



Cypress Senior Center

403 S. Cypress, San José 95117

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Bus Lines: 23

Types of Programs: Fee classes, rental, senior programs, senior nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

Cypress Senior Center offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging.

Senior Nutrition

Nutrition Reservations

\$2

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 11:45am - please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals - it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are required. Please call 408-244-1353 at least one day in advance but not more than two weeks in advance.

Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Cypress Senior Advisory Council meets bimonthly on the third Tuesday of the month at 10am.

Newcomers

Each month a Newcomers Orientation is held in order to provide an overview of the vast array of programs and services offered at Cypress Senior Center. Included is a guided tour of the Center, an opportunity to meet staff, a detailed monthly activity guide, an overview of center membership, as well as an invitation to stay for lunch. Please call the Cypress Senior Center office to reserve a seat just for you. Newcomers Orientation is held the first Wednesday of each month at 10:30am.

Senior Services

Older Adult Resource Specialist

Free

The Older Adult Resource Specialist Program works to empower senior residents and their families to better access community support services in order to promote independent living. This service includes assessment, planning, and information and referral on such topics as transportation, housekeeping, companionship, personal care, delivered meals and more. The Older Adult Resource Specialist holds office hours at Cypress Senior Center every first and third Thursday of the month from 10am-1pm. Please make an appointment by calling the Center.

Senior Adult Legal Assistance

Free

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on problems in the areas of Social Security, Supplemental Security Income, Medicare, Medi-Cal, in-home supportive services, elder abuse, housing, and long-term care insurance. SALA is at the Center the first Tuesday of each month from 9:30-11:30am. Please make an appointment by calling the Center.

Health Insurance Counseling

Free

The Health Insurance Counseling and Advocacy Program promotes awareness and education regarding health insurance issues on Medicare, Medi-Cal, supplemental insurance as well as long-term care insurance. Trained Volunteers from HICAP are at the Center the second and fourth Thursday of each month. Please make an appointment by calling the Center.

Vial of Life

Free

In an emergency, time is crucial. The Vial of Life kit enables Emergency Responders to quickly locate helpful information regarding your medical history. Emergency Responders, Firefighters, Paramedics and Police are trained to look for the Vial of Life sticker and obtain information from the Vial. Pick up a free Vial of Life kit in the Center's office.

Flash Pass

\$17.50

Monthly Flash Passes to ride county transit buses are available for those 65 years of age and older or disabled. You will receive a monthly sticker to attach to your VTA photo ID card.

BART Tickets

\$4

BART tickets are \$4 but good for \$16 worth of rides. Tickets are available for those 65 years of age and older.

Drop In Activities**Bridge**

Wednesdays 12pm

Call Duane Zampedri at 408-246-9794 for more information

Duplicate Bridge

Fridays: 10am

Competitive, advanced bridge group

Call Betty Ware at 408-725-1213 for more information

Bridge

Fridays: 12pm

Call Jerry Vaughan at 408-985-2708 for more information.

Party Bridge, Mah Jongg, and Scrabble

Mondays: 12:30pm

Drop-in Bridge

Mondays: 1pm

Deaf Club1st and 3rd Wednesdays of the month

Please call TTD# 408-246-5298 to contact the group

Handwork for Others and Stitchery

Thursdays: 1pm

Dedicated volunteers crochet and knit items for Valley Medical Center

Peninsula Center for the Blind

Third Wednesday of the month: 9:30am

Pinochle

Fridays: 1pm

Poker

Fridays

Stamp Collecting

Thursdays: 10am

Video Movies

Tuesdays: 1pm

Free. Latest releases are shown. Refreshments served.

Walking Club

Tuesdays and Fridays: 9am Special Events

Game Show Fun \$1 members/\$2 non-members

This year's Game Show event will be Pictionary. Sign up in the Center Office.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	1/16	1:15pm			CY

Line Dance Social

\$4

Join us for foot stomp'n fun. Sign up in the Center Office.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	1/30	9am			CY
	F	3/26	9am			CY

Valentine's Day Celebration

\$2

Sign up in the Nutrition Program. Special entertainment will be followed by a Nutrition meal.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	2/13	11am			CY

Chinese New Year

\$2

Entertainment will be followed by the Nutrition meal. Sign up in the Nutrition Program.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	2/20	11am			CY

St. Patrick's Day Celebration

\$2

Let's hear it for the Leprechauns! Enjoy entertainment followed by a Nutrition meal. Sign up in the Nutrition Program.

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	3/19	11am			CY

Bingo

Bingo is offered every Thursday from 1-3pm. There are free snacks, door prizes, and special games. One pack is \$5, two for \$8 and three for \$10. Payouts for regular games are \$60 per game, and if the black ball comes up, that's an extra \$10 for that game. Payout for the Blackout Game is \$80. Special games have a 50/50 payout. Come join the fun! Bingo is completely run by volunteers and we're always looking for additional help.

Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

SeniorNet

Are you 50 or older and want to learn about computers? SeniorNet is an international non-profit organization for people 50 years and older who want to learn how to use computers or increase their knowledge of them. At Cypress Senior Center, SeniorNet has a Learning Center dedicated to teaching adults how to use the computer. Call the learning center to obtain more information.

**Would you like
the Citywide
Activity Guide
mailed to
your home?**

The subscription fee
for 1-year delivery is \$10.
Sign up on the
registration form.

